MAORI AND FOREST MEDICINE.

These are some of the medicinal uses of plants discussed on the Maori and Forest Medicine' guided walk.These are only a few of the useful NZ. plants -books are available which cover many more species. Recommended are:
'Medicines of the Maori' by C. MacDonald.
'A Field Guide to the Native Edible Plants of NZ.' by A. Crowe.

TAWA. Water in which tawa bark has been boiled is an antiseptic for cleansing wounds.

PUKATEA. The inner bark is steeped in hot water,which is then cooled and applied to wounds which are slow to heal. This is regarded as a more effective cure than tawa water.

MAMAKU. The inner 'monkey tail'frond can be skinned and the slimy underneath used to treat blisters,chafing,boils and saddle-sores.The mamaku is edible.The trunk can be roasted for 4 hours and the soft inside scraped out and eaten,and the fronds' central spines are best boiled,peeled and dried, before being eaten.

TEA TREE. The leaves can be steeped in boiling water for a refreshing drink.A calmative, or sleeping potion, is prepared by steeping the inner bark in hot water and drinking the liquid. Chewing and swallowing the young shoots is a cure for dysentery,and the water the bark has been boiled in,cures constipation.The ground seed capsules are a powerful astringent.

RANGIORA. Gently crushed leaves make a good antiseptic bandage.Also useful as toilet paper. Gum can be chewed and spat out to freshen the breath.

RIMU. The inner bark can be beaten into a bandage which is antiseptic and especially good for burns.The gum will stop a wound bleeding.

BRACKEN FERN. Juice from a young stem takes the itch from an insect sting or bite.The roots are edible when baked for 4 hours,and are said to stop sea-sickness. The fiddle-heads can be boiled and eaten as a vegetable.

MIRO. The sap can be used as an insect repellent and to cure ulcers.The berries are edible and yield an oil which reduces fever.

TITOKI. Leaves can be steeped in hot water and the liquid used as an insect repellent; juice from the leaves prevents itching of bites and stings. Oil from the berries is a soothing ointment.

KOROMIKO. A good cure for dysentery or diarhoea. About 6 young shoots are chewed and swallowed, or else steeped in hot water and the water drunk.

RATA. Juice from the young stem is a tonic and can be swallowed or the leaves chewed to cure a toothache. Water in which the bark has been boiled is poured over the wound to stop the bleeding, and can also be drunk to cure a cold. Nectar from the flowers eases a sore throat.

MINGIMINGI. The leaves and twigs are steeped in hot water, and the cooled liquid drunk to cure a headache.

WINEBERRY. Boil the leaves in a little water and use the liquid to bathe rheumatic joints, and to soothe burns. This is also good for boils and sore eyes.